

Seashell Echo

June 2017

Celebrating our Volunteers

Another busy and productive year draws to a close on June 23rd with the annual Volunteer Lunch. This is a special event which pays tribute to the many tireless volunteers who keep things humming along at the Sechelt Seniors Activity Centre.

We have the activity chairs who take time to organize a myriad of different options: bridge, pickleball, crafts, dance, quilting, chess to name just a few.

There are those who spend hours assisting our talented Emily in the kitchen – chopping, spreading, washing, serving and always smiling. Still others grace the Reception desk, cheerfully giving out information, dealing with membership and ticket sales and answering telephone calls.

The maintenance of the building is important and volunteers also assist with this task – moving equipment, changing signage and doing security checks.

Those wonderful bus trips would not be possible without the patient, cheerful and caring bus drivers, and the terrific theatre presentation would not occur without the enthusiastic Funtastics and their actors, singers, dancers and stage crew.

Not to forget those who endeavor to keep the office running smoothly and manage the planning of events which enhance the appeal of the Centre.

If you have some free time – Come Fly With Us!



Barbara Lightfoot (Past President), Ed White (dishwasher extraordinaire and star of stage and screen) and Sue Hayes (volunteer receptionist, refugee committee member and storage facility manager).



Dorothy Fraser and Franz Erber volunteer bartenders, service with a smile.

Center Information

Executive

President	Joanne Rykers
Past President	Barbara Lightfoot
Vice President	Charlie Jensen
Treasurer	Donna Marsh
Secretary	Gwen Austen
Maintenance	Tony Stroud

Board Of Directors 2017 - 2018

Margaret Boyd	Dorothy Fraser
Kit Moffat	Ron Atkinson
Linda Stroud	

All directors may be reached by e-mail at ssac@dccnet.com. Please indicate to which Director you would like the mail sent.

Janitor	Jim Coffin
Cook	Emily McPherson
Rental Co-ordinator	- Gillian Smith



Wednesday June 7

Park Royal/Capilano Mall

Leave at 9:15

Return 3:50 ferry

Thursday June 22

Gibsons Public Market

Lunch at the Blackfish Pub

Sign-up sheets are at the front desk.

If there are bus trips you'd like to suggest, please leave your suggestion at the front desk, to the attention of Rick McGowan.

A special shout-out to Rick McGowan, Kathleen DeFour, and Bill Quarry for your service to the Centre as drivers for the bus trips. Thanks.

Miscellaneous Phone Numbers

Sechelt Hospital	604-885-2224
Sunshine Coast Community Services	604-885-5881
Senior's Advocate:	877-952-3181 or www.seniorsadvocatebc.ca
Community Information and Help Line	211 Healthlink BC 811
Community Resource Centre	604-885-4088
Sunshine Coast Transit	604-885-3234 (Transit buses and Handi-Dart)

Sechelt Activity Centre

Office Hours - 9:00 am to 3:00 pm

5604 Trail Avenue, Sechelt, BC

PO Box 564, V0N 3A0

604-885-3513: - Reception / Information Desk

Website www.secheltactivitycentre.com

E-Mail ssac@dccnet.com

The Seashell Echo is published by Laurel Ennis and Gillian Smith and can be found on the Sechelt Activity Centre website www.secheltactivitycentre.com

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604-885-8910: - Office



PLEASE RECYCLE!

The Sechelt Seniors Activity Centre now has a recycling program in place for the Centre. Please put paper products in the marked blue bins, available in most rooms. Newspapers are recycled in their own blue box at the reception desk.



President's Message

June 2017

June is the month that we celebrate our many volunteers, and it is the opportunity for us to stop and reflect on all the ways that volunteers contribute to the Centre. The SSAC is arguably the largest volunteer based seniors organization in the country, with as many as 350 regular volunteers out of a membership of up to 1200.

We see and appreciate volunteers serving meals, helping at the front desk, creating crafts, and doing security. One very energetic senior sets up and takes down tables and chairs for meals several times each week. Volunteers produce the fantastic stage performances you enjoy from the Funtastics, the Chair Actors, and the Dance troupe. Activity Chairs are also volunteers, and they devote hours to managing their chosen activity.

The work of other volunteers is more "behind the scenes." The maintenance team has a huge responsibility in keeping the building running smoothly, but sometimes they surprise us with their craftsman skills by producing objects such as the "Treasure Chests." Volunteers maintain the audio-visual and computer equipment, which often means a week end call-out from a renter. Volunteers on our various committees have produced important

work, such as a new filing system, Policy Manual, and a much needed Expansion Plan. And I personally have never met a Board of Directors who works as hard as ours does.

Volunteers organize all the Special Events, and are involved in fundraising projects, two of which I would like to mention. The new "Treasure Chest" group has hit the ground running and created a wave of excitement in the Centre and in the community. The team for the Syrian Refugee Project has taught me that fundraising is actually fun, because they have produced creative and involving projects.

Volunteers are essential in staffing existing programs, while others see a place to use their special talents. One new volunteer offered her expertise in publishing newsletters, and is now producing the "Echo." Another offered her very welcome skills at data entry.

So, a huge Thank You to all of you volunteers for your dedication, your varied skills, and your boundless enthusiasm. You are the strength of this organization, and you are the reason I find this job meaningful.

Joanne Rykers



Joan Fleetham

Joan has been a stalwart volunteer at the Sechelt Seniors Activity Centre for many, many years. During her time at the Centre, she has been the Centre's Rental Coordinator, as well as a Director for many terms. She has volunteered at the Reception Desk, Kitchen Lunch Counter, and Office deposit facilitator, to name a few. She has performed these tasks with humour and precision.

Joan is also known for her decorating skills doing up the Auditorium for Christmas and other events, and producing beautiful fresh flower table arrangements for events.

Joan also spearheaded the production of a Centre Cookbook overseeing the printing and sales. As well, she co-introduced the establishment of our famous 'Friendship Tea' for new and continuing members alike.

In all these positions, Joan has proved to be a dedicated, trustworthy volunteer as well as a willing mentor to many new members and volunteers. I am sure other members are aware of some of her other endeavours while a member at the Centre. Her smiling face and pleasantness will be missed as she takes time for a well earned rest and time to take it easy.



Before with the Cyanobacteria growing on the sand.

News from Sea Salts Aquarium

On behalf of our fishy friends in the coral reef aquarium, I would like to thank everyone who supported the cinnamon bun fundraiser in May. We raised enough money to purchase a new, more powerful filter, which will help keep our tank free from the Cyanobacteria that was growing in areas with limited water flow. Everyone will be much healthier!

I would also like to let you know that the aquarium will be leaving the Senior Centre over the duration of the summer closure, but will return again in September, for your enjoyment. Charlie and Spot wish you a wonderful summer.

After





Volunteers Needed For Canada Day Parade

We need:

Volunteers to help decorate the bus

15 people in red & white to ride on the SSAC bus

4 people to carry banners

6 people dressed as well-known Canadians

Can you help?

Sign up at the front desk.



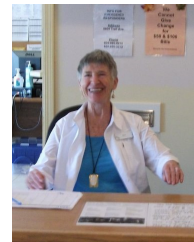
Farewell to Cathrine

On Friday June 12th we said a fond farewell (for now) to our Rental and Activities Co-Ordinator, Cathrine Fuller. Many well-wishers were on hand as Vice President Charlie Jensen presented Cathrine with flowers and cake.

Don't fret, she won't be gone long. We're holding her to her promise to return to the Centre as an active member and volunteer after her relaxing summer holiday. Best wishes, Cathrine!



Volunteers, we couldn't do it without you!



A Sad Loss



It is with much sadness The Funtastics learned of the passing of John Duff, an active member of the Funtastics Group with performances dating from 2011-2016.

John brought a spirit of fun and dedication to everything he did. John's uncanny ability to memorize long stanzas of poetry was a gift few could ever match. John was never shy of a challenge, and always ready to lend a helping hand. He was much loved and respected by all who had the privilege of knowing him. We will cherish the wonderful times spent together on and off the stage.

"Beautiful memories are wonderful things; they last till the longest day. They never wear out, they never get lost. And can never be given away."

June Lunch Menu

11:30 a.m. to 12:45 p.m.

Everything is made from scratch!

We also serve soup, sandwiches & salads every day. Desserts will vary.

Thur June 1 Butter Chicken

Fri June 2 Fish & Chips

Mon June 5 Baked Salmon

Tue June 6 Meatloaf Mac & cheese

Wed June 7 Chicken Cordon Bleu

Thur June 8 Chicken Quesadillas

Fri June 9 Fish & Chips

Mon June 12 Dahl Lentil Rice Bowl

Tues June 13 Sweet & Sour Chicken

Wed June 14 Ham & Scalloped Potatoes

Thur June 15 Shepherd's Pie

Fri June 16 Fish & Chips

Mon June 19 Chicken Wings

Tue June 20 Quiche & Salad

Wed June 21 Roast Beef

Thur June 22 Soup & Sandwich only

Fri June 23 VOLUNTEER APPRECIATION BANQUET
by ticket only!

The Kitchen closes after June 23rd until September 5th



**Frozen Entrees From Our Chef
\$5 Pay at the kitchen cashier.**

Current SSAC Volunteer??

You're invited

Annual SSAC
Volunteer Appreciation Lunch

Friday June 23rd
12:00-2:30

Limited seating
– sign up at the front desk

Summer Schedule

The last full meal before the summer closure is Wednesday June 21st when Emily will be making her famous Roast Beef dinner. On Thursday June 22nd, the lunch menu will be limited to delicious soup and sandwiches. Our annual Volunteer Appreciation banquet takes place on Friday June 23rd. Current volunteers can sign up at the front desk. There is limited seating, so sign up early.

Remember to purchase your frozen meals before the kitchen closes.

Beginning the week of June 26th, the Centre will remain open, but the kitchen will be closed and the office hours are reduced to 10-2 Monday through Friday.

The Treasure Chest 50/50 raffle will continue – the draw takes place every Tuesday at 1pm at the Centre.

Many activities choose to take a break through the summer, but others continue. Check the website www.secheltactivitycentre.com/ for up-to-date information about our activities. A summer schedule handout will also be available near the front desk by mid-June.

Chair Yoga will begin on July 5th on Wednesdays at 1pm in the Craft Room. Judith Grieve will be teaching the class and the cost is \$5.

As usual, the Centre will be closed for maintenance for a short time this summer. From July 31-August 11th the Centre will be completely closed as our maintenance volunteers work their magic on our wonderful facility.

June 23 - Volunteer Appreciation Luncheon

June 24 - Kitchen closes, some activities stop for the summer

June 26 – Centre office hours change to 10am-2pm

July 31-August 11 – Centre is completely closed for maintenance

Sept. 4 – Centre is closed for Labour Day

Sept. 5 – Kitchen reopens, Centre goes back to 9am-3pm



*We Have A
Monthly
Friendship
Tea!*

The last Friendship Tea until September is on Tuesday June 6th. Drop in and enjoy a cup of tea and a good chat from 2 pm-3pm. Everyone is welcome!

Tea at Two

**Every Tuesday starting on
Tuesday June 27th
2 p.m. to 3 p.m.**

(Excl. Aug 1 and 8th SSAC closed)

Cost \$5 per person

Sandwiches and goodies

Everyone Welcome



Treasure Chest 50/50 Fundraiser

MAY WINNERS

Date	Winner	Amount
May 2	Jane Rothenbush	\$158
May 9	Karen Powers	\$288
May 16	Audrey Herz	\$125
May 23	Fred Allnutt	\$92
May 30	Barbara Lightfoot	\$131

TREASURE CHEST WEEKLY 50/50 DRAW

VOLUNTEERS NEEDED

For Trail Bay Mall Wednesdays in July and August and maybe some Saturdays

Can you help?

Contact Mike at 740-8868 or

michaellane@dccnet.com

Sign up sheet at the front desk



Congratulations Audrey Herz



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Congratulations Fred Allnutt

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Syrian Refugee Benefit at Strait Coffee



The Syrian Refugee Committee



Thank You!! Strait Coffee

On May 5th, the owners and staff of Strait Coffee Café in Wilson Creek Plaza sponsored and catered a Spring Benefit Dinner for our Syrian Refugee Family Project. The event was a sold-out success and everyone enjoyed delicious food, wine and atmosphere. Bonner provided live musical entertainment and there were door prizes and a silent auction. The event raised \$3,700, bringing us closer to our goal. A huge thanks to Strait Coffee's wonderful owners, Grace and Lyle and to staff who donated their time and support.

MYSTERY!

A FUNDRAISER TO BENEFIT
OUR SYRIAN
REFUGEE FAMILY

**Where? Sechelt Seniors
Activity Centre**

When? Sat. Sept 16, 2017

What? A wonderful event

Watch for more information

MYSTERY!!!



Thanks to Michelle, Fred & Bojana raising funds for our refugee sponsorship project!

It's "DANCE TIME"

Dance to the original musical sounds

From the 50's and up

With

John and Krystyna

The Bear Music Company

SATURDAY, JUNE 24, 2017....7PM

SECHELT ACTIVITY CENTRE

5604 Trail Ave.

Doors open at 7:00 pm

Dance from 7:30 to 10:30 PM

Tickets are \$5 for members

\$10 for non-members



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HYPERTENSION & YOU?!?

Join us for a presentation by Pharmasave Pharmacist Rao and learn more about Hypertension, medication & medication effects in general.

There will be a slide show along with an opportunity to ask specific questions about Hypertension and You. Bring a list of your medications if you wish.

When: June 14th, 1-2pm
Where: SSAC Craft Room
Cost: Free

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~ 604-885-9614 ~



How's your blood pressure?

We have trained volunteers who come in each week to help you keep track of your blood pressure.

Make your doctor happy and stop by for a quick blood pressure check on one of these days in June:

Friday June 2

Anne Fitzau

Friday June 9

Dorothy Fraser

Thursday June 15

Cheryl Casorso



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June 25 - 29

6 incl. meals dbl: \$1,987.⁰⁰

Sparkling Hill Resort / Spa



Sparkling Hill Resort & Spa,
Okanagan Lake, Vernon

June 26 - 29

8 incl. meals dbl: \$1,799.⁰⁰

Canadian Maritimes



Nova Scotia, Prince Edward Island,
New Brunswick, Cape Breton Isl.

July 6 - 17

23 incl. meals dbl: \$5,714.⁰⁰

Cowichan Valley Wine



Tea Farm, 4 Wineries, A Cider, and a Cowichan Bay Boat Cruise

July 31 - August 3

6 incl. meals dbl: \$1,459.⁰⁰

Newfoundland & Labrador



Nova Scotia, Twillingate, Gros
Morne National Park, St. John's

August 13 - 28

32 incl. meals dbl: \$6,749.⁰⁰

More Fantastic Summer Tours

Incredible Iceland	SOLD OUT	17 meals	10 days	June & July	\$7,839. ⁰⁰
Haida Gwaii	SOLD OUT	17 meals	7 days	June & July	\$3,519. ⁰⁰
Yukon N.W.T.	SOLD OUT	26 meals	13 days	July 8 - 20	\$6,589. ⁰⁰
Grizzly Bears of K	SPACE IS LIMITED	9 meals	5 days	August 4 - 8	\$1,998. ⁰⁰

More Fantastic Summer Tours

Chemainus Theatre	2 meals	2 days	Aug 16 - 17	\$508 ⁰⁰	
BC Waterways & Rail	SOLD OUT	11 meals	7 days	Aug 19 - 25	\$2,549 ⁰⁰
Desolation Sound	9 meals	4 days	Aug 26 - 29	\$1,446 ⁰⁰	
Islands of the Salish Sea	9 meals	5 days	Aug 27 - 31	<i>fm</i> \$2,196 ⁰⁰	

For more information on these or other tours check us out online or call us toll free

#260 - 1959 152nd Street,
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www.agelessadventuretours.com



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all taxes